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Preventive Practices among the Kuwaiti Population During and after the COVID-19 Pandemic

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Background: COVID-19, also known as coronavirus disease 2019, is a highly infectious respiratory illness caused by the SARS-CoV-2 virus. The virus can be transmitted through close contact with infected individuals or through contaminated surfaces. Symptoms of COVID-19 can vary widely, ranging from mild flu-like symptoms to severe respiratory distress, and can even be fatal in some cases. The pandemic has had a significant impact on global health, economies, and societies, with governments and healthcare systems worldwide grappling to contain the spread of the virus while addressing the challenges posed by the disease. Adherence to protective practices has been essential to control the spread of the disease and better outcomes at the individual and community levels.

Objectives: This study aimed at assessing the adherence of the Kuwaiti population to preventive practices during and after the COVID-19 pandemic in addition to factors associated with favorable practices.

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Methods: An online survey was distributed among a convenience sample of the Kuwaiti population and 389 completed surveys were analyzed in order to demonstrate the population's preventive practices during the COVID-19 pandemic. Likert scale was applied from never to always in which 1 represented never and 5 represented always and the total score of the nine questions was calculated. The favorable practices represented the participants with a total score above the average score.

Results: A total of 389 participants were included in our analysis. Most of them were females (59.4%) and didn't have any congenital or chronic diseases (81.2%). Only 54.8% had been infected with COVID. More than half of our participants (54.8%) had favorable practices during and after the COVID pandemic. There were significant differences between the groups of favorable and unfavorable practices only in the medical history and history of COVID infection. Around 65.3% of those with favorable practices were infected with COVID at least once compared to only 42% of those with unfavorable practices (p -value <0.001). Similarly, 23.9% of the favorable group had a history of congenital or chronic disease compared to only 12.5% of the unfavorable group (p -value=0.006). The multivariate analysis revealed that previous infection with COVID significantly increases the odds of having favorable practices (OR=2.62; CI [1.69-4.10]; $p<0.001$). Similarly, a history of congenital or chronic disease significantly increases the odds of having favorable practices (OR=2.18; CI [1.17-4.20]; $p=0.017$).

Conclusion: This study sheds light on the adherence of the Kuwaiti population to preventive practices during and after the COVID pandemic. Nearly half of the participants had favorable practices and previous infection with COVID was the major associated factor with the favorable practices.

Keywords: COVID-19; Preventive; Practice; Pandemic, Kuwait.